



Return and Reunion Workshop for Spouses



Workshop Overview

Objective: Provide information that can help you have a smooth reunion with your Marine.

- Review “Where I’ve Been”
- Plan for “Where I’m About to Be”
- Think about “Where I’d Like to Be”



Where I've Been

- Feelings
 - Loneliness
 - Anxiety
 - Stress
 - Overwhelmed
 - Independent
 - Competent
 - Sense of Accomplishment



Where I've Been

- Holding down the fort with added responsibilities
 - Single parent
 - Financial manager
 - Mechanic
 - Groundskeeper
 - Decisionmaker
- Temporary Relocation



Where I've Been

- Experiences
 - Major memories
 - Special friends
 - Special events
- That Lead To
 - Growth
 - Change
 - Different Views



Where I've Been

- THANK YOURSELF
- BE PROUD
- YOU'VE SURVIVED



Where I'm About to Be

- Reunion with my Marine!
 - Anticipation
 - Anxiety
 - Expectations



Where I'm About to Be

- Planning for the reunion
 - How will I know when my Marine is coming home?
 - How do I include children and extended family in reunion plans?
 - What are realistic expectations for the reunion?
 - How will I feel about seeing my Marine again?
 - What is appropriate to wear?
 - What will happen to my plans if the arrival date changes?



Where I'm About to Be

- Roadblocks
 - Alcohol
 - Fantasies
 - Criticisms
 - Family / Children / Visitors
 - Unresolved Issues
 - Unrealistic expectations
 - Avoid the “Who Had It Worse” Game



Where I'm About to Be

- Sex, Intimacy and Romance
 - Intellectual / Emotional / Physical
 - Patience
 - Timing
 - Communication
 - Respect
 - Roadblocks



Where I Want To Be

- Reconnected
 - Communicating
- Accepted
 - For the Decisions made
- Appreciated
 - For Who I Am and What I've Done
- Trusted



Where I Want To Be

***In a Loving, Caring,
Healthy Family***



HOMECOMING TIPS

- **Go slowly - don't try to make up for lost time**
- **Accept that things may be different**
- **Talk with each other about your experiences**
- **Take time to become reacquainted**
- **Accept that your partner may be different**
- **Remember that intimate relationships may be awkward at first**
- **Tone down your fantasies - reality may be quite different**



HOMECOMING TIPS

- **Communicate openly with your partner and family**
- **Reassure your children - change often frightens them**
- **Plan on family activities but be flexible**
- **Set aside quality time with each of your children**
- **Plan for visits from your extended family**
- **Curb your desire to take control**



Reunion Resources

- **Marine Corps Community Services (MCCS) One Source**
- **Marine Corps Family Team Building Programs**
- **MCCS Counseling Services**
- **Chaplains and Local Clergy**
- **Mental Health Services available through TRICARE**